

Support Groups for Carers (2020)

Support Groups offer a chance to share experiences and receive support from our Carer Support Workers. They are informal and everyone is welcome.

Local groups just for Carers run by CoEL

If you are interested in coming along to any of the following groups (or have ideas for others), please contact Carers of East Lothian on 0131 665 0135 to check the details, times and venues:

Dunbar Support Group When: Second Wednesday of each month @ 10.30am to Midday Where: The Stables, Belhaven Church, Dunbar	Musselburgh Support Group When: Last Wednesday of each month @ 10.00 to 11.30am Where: MECA*, Musselburgh
North Berwick Support Group When: Second Tuesday of each month @ 10.30am to Midday Where: Nether Abbey Hotel, North Berwick	Men who care! When: Second Thursday of each month @ 10.30am to Midday Where: Normally @ MECA*, Musselburgh
Carers of people with mental health issues When: Last Tuesday of each month @ 4.30 to 6pm Where: Varies – usually Port Seton area	Parent Carer Support Group (particularly of children with Autism/ADHD) When: Second Tuesday of each month @ 6.00 to 7.30pm Where: MECA*, Musselburgh

*MECA - Musselburgh East Community Learning Centre, Haddington Road, Musselburgh, EH21 8JJ

Relaxed CoEL 'volunteering' coffee mornings

Could you offer a bit of help in the CoEL office in return for a coffee and a blether? There are often things that need done round our office, letters to be stuffed into envelopes, information packs to be made up, etc. If you would like to be part of a relaxed group and help us out, please call us on 0131 665 0135.

When: First Wednesday of the month @ 10.30-11.30am.

Where: CoEL Office, East Lothian Community Hospital, Alderston Road, Haddington EH41 3PF.

Other Support Groups just for Carers

FLIP – Family Lead Information Point - for parents and carers who have a child or young person with additional support needs.

When: One Wednesday each month 10 to 11.30 am. For the actual dates, please contact Lisa or check their Facebook page, details below.

Where: MECA*, Musselburgh.

Contact: Lisa on 01620 827167; lshine@eastlothian.gov.uk ; www.facebook.com/flip.eastlothian/

Parents of adults who are on the autistic spectrum (PASDA)

When: Fourth Thursday of each month @ 6.30 to 8pm.

Where: The Brunton Hall, Musselburgh.

The Dunbar Dementia Carer's Support Group

When: 2 x weekly meetings. Please contact Lorna (details below) for more info.

Where: Gibb Room 1, Bleachingfield Centre, Dunbar.

Contact: Lorna on 01620 870632; dunbardementiacarers@gmail.com.

Local groups for Carers AND the people they care for

Stroke and Acquired Brain Injury

Headway Support Group

When: Usually third Monday of each month @ 2 to 3pm – call to confirm.
Where: MECA*, Musselburgh.
Contact: Joyce on 07895 193974; <https://www.facebook.com/headwayeastlothian/>

Dementia

Dementia Friendly East Lothian (DFEL)

Friendship Groups held across East Lothian.

Contact Sue on 07727 883881 / 01620 895571; sue@dfel.org.uk for details.

Musselburgh D-Café: Lunch available - £4 suggested contribution.

When: First Wednesday of each month @ 11am to 2.30pm.
Where: St Andrews Church, High St, Musselburgh.
Contact: Michael on 0131 654 1114; mhuddleston@alzscot.org

Dunbar D-Café Tea, coffee and biscuits available - £4 suggested contribution.

When: First Monday of each month @ 2 to 3.30pm.
Where: Dunbar Town House Museum and Gallery, High Street, Dunbar.
Contact: Michael on 0131 654 1114; mhuddleston@alzscot.org

Good Memories Café - Haddington

When: Last Friday of each month @ 2 to 4pm (except July and August).
Where: John Gray Centre in The Star Room, Haddington.
Contact: Debbie on 07968 856009 / 01620 820690; dchalmers1@eastlothian.gov.uk

Parkinson's Disease

Parkinson's UK East Lothian Support Group

When: Last Wednesday of each month (except July and August) @ 2 to 4pm.
Where: Maitlandfield House Hotel, Haddington.
Contact: Alice Hall on 0344 225 3725 – vc.scotland1@parkinsons.org.uk

Older People

North Berwick Day Centre for older people - contact them on 01620 890906 for details.

Groups outside East Lothian

There is a greater range of groups in Edinburgh and beyond. These cover everything from groups for carers supporting people with PTSD, Stroke, ADHD, etc to groups specifically for ethnic minority or older carers etc. For more information contact VOCAL on 0131 622 6666 or see <https://www.vocal.org.uk> and search for Carer Support Groups on their website.